

COLLEGE — SWIMMING

Colorado College MILES NORDLING

Sophomore

Miles puts in extra effort into team lifts every time he comes. He encourages his teammates who are not comfortable with lifting to feel safe during weights. ~Lily Griffith

Duke University TATUM WALL

Junior

I am honored to nominate Tatum Wall for the NSCA Strength and Conditioning All American Award. Tatum exemplifies exceptional dedication, perseverance, and athleticism, consistently demonstrating a commitment to excellence both in the pool and in the weight room. Her work ethic, leadership, and performance make her a standout candidate for this prestigious recognition.

~Carl Christensen

Fairmont State University PATRICK FUBIO

Free / Backstroke

Senior

Patrick Fubio, a senior from Clarksburg, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men I have ever coached. As a captain on the swim team, Patrick is a fantastic all around leader. Patrick has been extremely consistent with his training, both in the weight room and in the pool. That consistency paid off once again this season, as he wrapped up his career with another historic season. At this year's conference meet, he took home six all-MEC honors. Patrick will also finish his career with five home pool records and two school relay

records. Patrick's work ethic and dedication as a student-athlete also carry into the classroom, where he currently has a 3.77 GPA, and has been honored on multiple all-conference academic teams, as well as being a member of the 2023-24 CSCAA Scholar All-America team. Patrick also represents the swim team as part of the SAAC. ~Adam Kolberg

Fresno Pacific University LAUREN MCGOWAN

Senior

Lauren McGowan has been named an All-American Strength and Conditioning Athlete of the Year, a well-deserved recognition of her dedication, hard work, and commitment to excellence. From her freshman year to now, I have witnessed her tremendous growth in the weight room, consistently improving her lifts and overall performance. What sets Lauren apart is not just her physical progress but her coachability and relentless winning attitude. She approaches every training session with determination and positivity, making it a joy to coach her. Her work ethic and mindset exemplify what it means to be a true competitor, and this honor is a testament to her efforts.

~Whitney Leyva

COLLEGE — SWIMMING

Mckendree University

JACKSON LUSTIG

Senior

Jackson Lustig's unwavering commitment to training and relentless work ethic have been pivotal in his journey to becoming a 4x Conference Champion and multiple-time NCAA Champion. His dedication to excellence in the weight room and his ability to consistently push his physical and mental limits have set him apart as one of the most disciplined and focused athletes in his sport. Jackson's strength and conditioning have been integral to his performance, allowing him to dominate his competition with a combination of power, speed, and endurance. His tireless approach to training, day in and day out, has been a cornerstone of his success. Beyond his impressive athletic accomplishments, Jackson has embodied the true spirit of hard work and perseverance, inspiring those around him. His passion for training, paired with a relentless pursuit of improvement, has made him a standout leader both on and off the competition floor. Jackson's commitment to excellence in every aspect of his preparation has not only led to remarkable individual achievements but also has positively impacted his team's success. For his extraordinary dedication and exceptional results, Jackson Lustig is more than deserving of the NSCA All-American Award. ~Mawusi Amos

Minnesota State University, Mankato

ABBY GRONHOLZ

Sprint Free/Back

Senior

Abby has shown tremendous effort in all aspects of being a student-athlete. She uses her performance in the weight room to drive success in the pool. Her hard work has won multiple NSIC championships and NCAA All-American honors. She is also successful in the classroom, being named to the NSIC All-Academic Team. Her drive to excel will lead her to great success in the future. ~Andrew Stocks

Southern Methodist University

JOE RUSNOCK

Breaststroke

Senior

Athlete exemplifies dedication, leadership, effort, and determination in all training sessions. ~Peter Kenn

Springfield College

JONATHAN CHAN

Free, Fly

Senior

Jonathan lead by example and gave is all every time he stepped into thw weight room. He showed unmatched dedication and was truly a leader to the program ~Gregory Baker

Springfield College

KAY SHEN

Sprint Free

Senior

Kay ave her all in lift, helped build a team culture in the weight room, and gave her best effort to get the most out of her training ~Gregory Baker

COLLEGE — SWIMMING

University of Wisconsin - La Crosse

AUTUMN SEEBACH

Backstroke/Individual Medley

Senior

Autumn's dedication to her strength training has helped her develop into one of the top swimmers in the WIAC. She has shown a lot of progression in her strength and power and is constantly willing to challenge herself to improve. Her leadership has helped build a culture on her team where strength and conditioning matter. Autumn's dedication to quality training has paid off this year. She swam her way to four podium appearances at the WIAC championships. She was 3rd in the 200-yard individual medley, 2nd in the 200-yard backstroke, 2nd in the 100-yard backstroke, and 2nd as part of the 800-yard freestyle relay. In the prelims at the championship meet, she posted the fastest time in the conference in the 200-yard backstroke. Autumn is majoring in Biology with a Biomedical Science concentration. She also has minors in Chemistry, Neuroscience, and Spanish. With her incredible academic load and dedication to training, Autumn has achieved a 3.96 cumulative grade point average.

~Philip Whitesitt